

AFSNCOA TOBACCO CESSATION QUESTIONNAIRE

**Do you use any tobacco product(s)?**

**NO** – Stop Here

**YES** - This will link you to the AFSNCOA Tobacco  
Policy and information about cessation classes.

**AFSNCOA TOBACCO POLICY:**

Tobacco use is harmful to one's health and is inconsistent with a healthy Air Force image. A tobacco-free organization is the Air Force goal. AFSNCOA needs to "show the way" toward a tobacco-free Air Force. Therefore, our objective is to provide a safe and healthy work place for all students, staff, and faculty. To accomplish this, we must communicate this message in a logical, consistent, and professional manner. During the duty day, to include lunch, the use of tobacco products is prohibited on the AFSNCOA Campus, as defined IAW AFI 40-102, paragraph 2.2.8.

However we are here to help. The AFSNCOA and the Maxwell/Gunter Health and Wellness Center (HAWC) have agreed to host smoking cessation classes at the AFSNCOA Conference Room. Depending on the Academy class you are attending, the tobacco cessation class will either be held during lunch or after school.

Are you interested in enrolling? NO (stop here) YES

**Click here** and you will launch an e-mail message that will enroll you in the Maxwell-Gunter Tobacco Cessation Program.

Print the following set of instructions, which provide the steps you must take before arriving at the Academy.

1. Make an appointment with your Primary Care Manager (PCM).
2. Print this slip and carry it to your PCM.
3. Get an eight-week supply of both Wellbutrin (if desired) and Nicotine Replacement Therapy “patches” (if desired).
4. If you choose to also take Wellbutrin, start taking the Wellbutrin the Tuesday before attending the Academy.
5. Contact your local HAWC Health Promotion Manager and let them know you are attending the academy and have enrolled in the tobacco cessation class. Ask them if they have any follow-up programs that can provide you further assistance with your tobacco cessation for when you return from the Academy.
6. If you have any problems contact either your local HAWC Health Promotion Manager or the tobacco facilitator, Mrs. Brenda Cherry at DSN 596-5656 or commercial (334) 416-5656.